COLONOSCOPY PREPARATION INSTRUCTIONS FOR SUPREP

PATIENT: _______________________________ ARRIVAL TIME: _______________________________
DATE: _______________________________ PROCEDURE TIME: _______________________________

PLEASE READ THESE INSTRUCTIONS AT LEAST 1 WEEK PRIOR TO YOUR COLONOSCOPY AS A GOOD BOWEL CLEANSING IS VERY IMPORTANT FOR THE SUCCESS OF THE PROCEDURE. IF THE COLON CLEANSING IS NOT ADEQUATE:

- There is a risk of missing polyps or other findings
- The procedure will be longer and more complex
- The whole process may need to be repeated, with another round of bowel preparation sooner
- Follow ONLY the instructions given by your gastroenterologist or on this instruction sheet. DO NOT follow instructions from any other source including the instructions on your prep bottle/box.

BOWEL CLEANSING AGENTS

These are to be purchased AT YOUR PHARMACY

1. SUPREP prescription
2. OPTIONAL: A&D ointment, Petroleum Jelly (used to prevent anal irritation during prep)

5 DAYS PRIOR TO PROCEDURE

STOP:
1. All seeds, nuts, whole grains (quinoa, barley, flaxseed, brown rice), grapes, peas, onions, beans, tomatoes with skins, popcorn, fruits with small seeds, celery.
2. This reduces the chance of residual food particles in the colon that can limit adequate visualization of the lining of the colon. These foods are also more difficult to suction from your colon during the colonoscopy.
- Ok to continue taking Aspirin (81 or 325 mg) or NSAIDs (Ibuprofen, Naproxen, Advil, Aleve, Motrin)

**ONE DAY BEFORE YOUR PROCEDURE**

- Clear liquid diet for the entire day (NO RED/PURPLE)
  - Juices: Apple, White grape, Lemonade
  - Broth: Chicken, Beef or Vegetable
  - Soda, Sports drinks, Ensure Clear, Boost Breeze
  - Black coffee (no cream/dairy or powdered creamer), Tea
  - Clear protein supplement: Isopure
- Continue your regular medications
- If you take long acting Insulin (Lantus): Take ½ usual dose

Multiple studies have demonstrated that intake of the bowel preparation in split doses (that is, the intake of half of the cleansing solution the day before the procedure and the other half on the morning of the day of the colonoscopy) provides higher levels of colon cleansing than the intake of the whole solution the day before the colonoscopy. This split dose method is now considered to be the standard of care.

**WHY SPLIT DOSING:**

1. The colon cleansing is better and thus the examination is more effective and faster
2. The risk of rescheduling the procedure or subsequent follow up exams because of inadequate or suboptimal bowel preparation is lower
3. It is better tolerated as the whole volume of cleansing solution is taken over a longer period of time
4. This will mean that if you have an early morning appointment time, you will need to get up in the middle of the night to take the 2nd half of the Suprep. If this is a hardship, please schedule your colonoscopy for later in the morning or early afternoon.

5. A successful prep is when you are passing liquid that is a clear yellow from your rectum.

**4PM-7PM THE DAY BEFORE YOUR PROCEDURE**

**Drinking the SUPREP solution**
- Pour the entire contents of one bottle of SUPREP (6 ounces) into the mixing container provided and then fill with a cool drinking clear liquid of your choice (not red or purple) to the 16 oz fill line and drink the entire contents within 1 hour.
- Drink two (2) additional 16 ounce containers of water/clear liquids over the next 1-2 hours after finishing the initial 16 ounces of the SUPREP. This means you need to drink an additional 32 ounces of liquids in addition to the initial 16 ounces of the SUPREP for a total of 48 ounces.
- If you get nauseated or vomit, stop for 30 minutes and resume. If nausea continues, call the on-call GI physician (650) 736-5771 and request a prescription for an anti-nausea medication to be sent to your pharmacy.
- Using warm liquids such as chicken/vegetable/bone broth can help prevent chills.
- Bowel movements may start within 60 minutes, but may take up to 4-6 hours as well.
- Applying petroleum jelly or A&D ointment can minimize anal irritation.

**5 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME**
- Pour the entire contents of the second bottle of SUPREP (6 ounces) into the mixing container provided and then fill with a cool drinking clear liquid (not red or purple) to the 16 oz fill line and drink the entire contents within 1 hour. This means you need to drink an additional 32 ounces of liquids in addition to the initial 16 ounces of the SUPREP for a total of 48 ounces.

**MORNING OF PROCEDURE**
- Do not take any of your usual diabetic medications. You can take these afterwards.

**3 HOURS BEFORE YOUR PROCEDURE TIME**
- NO EATING/DRINKING/CHEWING GUM/SUCKING ON HARD CANDY
- NOTHING BY MOUTH NOT EVEN WATER

**Waverley Surgery Center**

Your procedure will be performed at an outpatient surgery center:
- Waverley Surgery Center 400 Forest Avenue, Palo Alto, CA 94301.
  Phone: (650) 324-0600   Fax: (650) 289-1620. https://waverleysurgery.com/
- **PLEASE ARRIVE 1 HOUR BEFORE YOUR SCHEDULED PROCEDURE TIME.** This time is allotted for check-in, review of medical history and placement of IV.
- Your entire stay will be between 2-4 hours.
You will need to have a ride home from the surgery center. This person should be known to you and by law has to be 18 years old. Taxis, trains, Ride sharing services (UBER/LYFT) are acceptable only if you are accompanied by an adult who you know. You cannot leave by yourself or drive yourself unless you choose to have NO MEDICATIONS FOR THE PROCEDURE.

**What to expect upon arrival for your procedure**

- Prior to the procedure, a nurse will ask you questions to ensure that you understand the procedure and the reason for it and to ensure that you prepared properly for it. Drs. Kwan, Mein or Nguyen will also review the procedure with you.
- The nurse will start an intravenous line to administer medications. The intravenous line is similar to having blood drawn. Your vital signs (blood pressure, heart rate, oxygen saturation) will be monitored closely before, during and after the procedure.
- The colonoscopy will be performed while you are lying on your left side. An anesthesiologist will be present to administer a medication called PROPOFOL to induce sedation. Propofol is a very quick acting medication that wears off very quickly. Patients report a more comfortable experience with PROPOFOL sedation with less discomfort during the procedure and less nausea after the procedure.

**After the procedure**

- Rest for the remainder of the day for your health and safety.
- Do not participate in any activities which require coordination or judgment. You may return to regular activities the day after the procedure.
- Because there is a small risk of bleeding for up to 2 weeks after a polyp is removed during a colonoscopy, please inform your physician if you plan to travel by air after your procedure. We discourage booking an international flight within two weeks after your colonoscopy due to the small chance that a large polyp is removed during the procedure and your physician recommends cancelling the flight.
- Some bloating, gas or mild cramping is normal and should diminish.
- At the conclusion of your procedure, you will receive specific information about findings, post-procedure instructions and precautions

**FINANCIAL AND COST INFORMATION**

1. There are multiple potential costs associated with a colonoscopy/endoscopy procedure
   - Professional Fee: This is the doctor's fee for performing a colonoscopy. This amount can vary depending on if biopsies/polyps are removed.
   - Facility Fee: This is the cost of having a procedure at a hospital or surgery center. Depending on your insurance, you may be subject to a co-insurance/co-pay.
   - Pathology Fee: If biopsies are performed or polyps are removed, they are sent to Stanford for analysis and there are fees associated with processing and analyzing the specimens.
   - Anesthesiologist Fee: Medical Anesthesia Consultants (MAC) bills anesthesia independently of the endoscopy center where you are having your procedure. If
you should have any billing related questions before your procedure, please call MAC’s billing office at (866) 678-4320 or mac@physicianofficepartners.com. MAC is contracted with most insurance companies throughout the Bay Area, but if you would like to speak with someone directly, please call the above number.

2. If you wish to obtain a rough estimate of financial responsibility, you will need to contact your insurance company and provide them with the following information:
   - Diagnostic colonoscopy procedure CPT 45378
   - Waverley surgery center

3. BILLING CONTACT
   - Menlo clinic/Stanford Health care: 1-888-924-1036
   - Waverley Surgery Center: 650-324-0600
   - Medical Anesthesia Consultants: (866) 678-4320